

Employee Assistance Program

The NASA Employee Assistance Program (EAP) is one of the constituent programs within the Agency's overall Occupational Health Program. The EAP provides services for employees experiencing emotional and mental health problems, family or relationship difficulties, financial and/or legal concerns, and alcohol or drug abuse problems. Participation is voluntary, although services may be provided following supervisor, medical, or other referral. Services are confidential and free of charge and are provided by COPE Inc.

You can contact an EAP counselor 24/7 at (202) 628-5100 or 800-247-3054. In addition, the HQ EAP counselor is on-site in the Health Unit (CD70) on Thursdays and can be reached at 358-0130. Also, COPE Inc. provides a newsletter that features a selection of articles that focus on work and family life. These can be accessed at <https://copeonline.personaladvantage.com/an>.